

Intent, Rationale, Reinforcement



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- All policies will include all 3 sections
 - Exceptions:
 - Safe Routes
 - Tobacco Policy



Intent

- Should describe the purpose, design and intent of the policy



Intent

- Who
 - Who this policy will affect
- What
 - What will be changing or enforced
- When
 - When this policy will be in affect
- Where
 - Where this policy applies

Ex. Bronze #1

Intent:

Effective August 15, 2004 all students will receive 90 minutes of structured physical activity each week (45 minutes each week for kindergarten) using the Utah State Office of Education's core curriculum. The content of the structured physical activity will include:

fitness,
motor skill development,
social/emotional development,
and knowledge of physical fitness

The physical education program will enable students to:

- Achieve and maintain health-enhancing levels of physical fitness,
- Apply movement concepts and principles to enhance motor skill development,
- Demonstrate competency in a variety of movement forms,
- Demonstrate respect for self and others through responsible personal and social behavior,
- Understand that physical activity provides opportunities for enjoyment, challenges, and self-expression, and
- Apply knowledge using a variety of thinking skills in the physical activity setting.

Ex. Bronze #1

- Intent cont...

Recess cannot be counted unless the GMM is being walked; other free time does not fulfill this requirement. Activities such as the USOE Core Curriculum, the GMM, and 5-minute energizers will fulfill this criterion.

Green Meadow Elementary students currently get 60 minutes of structured physical activity from PE classes. In addition to the current 60 minutes the students will walk the Gold Medal Mile once a week (15 minutes) and do 5-Minute Energizers in the classroom 3 times a week (15 minutes total).

Ex. Gold #2

- **Intent:**

With direction from the Provo School District Wellness Policy and Gold Medal Schools, Franklin Elementary has devised a policy attempting to improve the health of the students by restricting the use of food items as a reward or punishment offered to students by teachers. Food incentives that do not undermine the health of students and/or reinforce unhealthful eating habits should be used instead.

Possible reward alternatives to food include stickers, pencils or tokens that can be redeemed for prizes. For more ideas on non-food incentives please refer to the Rewards Kids Will Crave Booklet or go to

www.orientaltrading.com,

<http://www.tn.fcs.msue.msu.edu/foodrewards.pdf>, or

http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf.

Celebrations including food are not restricted, however, healthy food choices should be served in addition to other foods available.

This policy was introduced during the 2006-2007 school year.

Rationale

- Describe the reasons why this policy is needed and why it is important
- Facts that show a need for this policy



Ex. Bronze #1

- **Rationale:**

According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer, and diabetes in particular.

Schools have a responsibility to help students and staff members establish and maintain lifelong habits of physical activity. Physical activity (PA) in the schools contributes to the total growth and development of all children. PA provides opportunities for students to gain knowledge, skills, and attitudes, which, promote physical activity as part of their everyday lives. The link between physical activity and fitness and higher performance in the classroom has been well documented.

Ex. Gold #2

- **Rationale:**

Establishing healthy attitudes towards eating requires that staff does not use food as a reward or punishment.

Research indicates that a child's food preference patterns are largely influenced by repeated exposure to food and the social context in which food is offered.

Positive or negative emotions associated with the setting and type of food offered or restricted may have effects on student's food preferences in the future.

Reinforcement

- How the policy will be communicated
- How often it will be reviewed
- How this policy will be enforced

Reinforcement

- How will the school inform people of this policy?
 - Parents
 - Faculty



Reinforcement

- How often will the school review the policy?
- Who will review the policy?



Reinforcement

- How this policy will be enforced?
 - Repercussions for violation of this policy
 - May not apply to every policy

Bronze #1

- **Reinforcement:**

The principal, PE specialist, and mentor will review the policy at the beginning of each year.

Faculty participation is vital to the success of this policy. Faculty will discuss this policy in the first faculty meeting of the year. Any classes found not routinely participating in 90 minutes of physical education each week will receive a warning from the principal. In addition the teacher will meet with the PE specialist to design a more effective plan for reaching 90 minutes of physical education.

PRINCIPAL ENDORSEMENT

Principal's Name

Principal's Signature

Date

Ex. Gold #2

- **Reinforcement:**

This policy will be reviewed by the school administrator, school coordinator and mentor each year. All faculty and staff will be made aware of this policy during a faculty meeting near the beginning of the year.

Any teachers found distributing food as incentives or withholding food as a punishment will be asked to discontinue the practice by the school administrator or school coordinator.

Questions?